

2010 LOAD INS/DISMOUNT GRIDS

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| LOAD INS/DISMOUNTS/RELEASE MOVES | 0-1.0 | 1/4 twisting mount or transition Straight cradle from 2-legged prep level stunt Inversion before a stunt sequence Other creative or unique load in, dismount or transition |
| | 1.0-2.0 | 1/2 twisting mount or transition Straight cradle from 1-legged prep level stunt Inversion into a stunt Log/barrel roll Other creative or unique load in, dismount or transition |
| | 2.0-3.0 | Single twisting mount or transition 1/2 up to extended single-leg stunt Single twisting cradle from 2-legged stunt Shoulder level or below inversion Straight cradle from extended single leg stunt Prep level or below downward inversion Other creative or unique load in, dismount or transition |
| | 3.0-4.0 | 1 twisting mount or transition landing at extended level Release move at extended arm level Extended inverted stunt Prep level or below downward inversion Extended level tic-toc Double twist cradle from a 2-legged stunt Single twist from a 1-legged stunt Other creative or unique load in, dismount or transition |
| | 4.0-5.0 | 1+ twisting mount or transition landing at extended level Release move above extended arm level Prep level and above downward inversion Helicopter release move Double twisting mount landing at extended level Double twisting cradle from extended 1 legged-stunt Other creative or unique load in, dismount or transition |

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| PYRAMID LOAD INS/DISMOUNTS | 0-1.0 | 1/4 twisting mount or transition Straight cradle from 2-legged prep level pyramid Inversion before a pyramid sequence Other creative or unique load in, dismount or transition |
| | 1.0-2.0 | 1/2 twisting mount or transition Straight cradle from 1-legged extended level pyramid Inversion into a stunt Other creative or unique load in, dismount or transition |
| | 2.0-3.0 | Single twisting mount or transition Single twisting cradle from 2-legged pyramid Other creative or unique load in, dismount or transition |
| | 3.0-4.0 | 1 1/2 twisting mount or transition Double twist cradle from a 2-legged pyramid Single twist from a 1-legged pyramid Other creative or unique load in, dismount or transition |
| | 4.0-5.0 | Double twisting mount or transition 1+ twisting mount or transition landing at extended level Double twisting cradle from extended 1 legged-pyramid Other creative or unique load in, dismount or transition |



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